

Frog Hollow
Swim & Tennis Club
P.O. Box 3122
South Amboy, New Jersey 08879



Saturday
June 27, 2015

Frog Hollow Swim & Tennis Club

Presents

THE 38th ANNUAL INDEPENDENCE RUN & HEALTH WALK

*"The Run Through
the Streets of South Amboy"*

For the benefit of

South Amboy First Aid & Fire Department

**Come out and support the
volunteers who give so much of
themselves to serve us**

- Early Bird Discounts
- Free Youth Run Fun
- Tee Shirts
- Post Race Picnic for All of the Participants
- All Day Swimming and Tennis

June 27, 2015
9:00am

SCHEDULE

- 7:30 am Registration Begins
- 8:30 am Fun Run Starts
- 9:00 am 5K Run Stars
- 9:15 am Health Walk Starts
- 10:00 am Awards
- 11:00 am Picnic Begins

REGISTRATION

Frog Hollow
P.O. Box 3122
South Amboy, New Jersey 08879

Registration Form Available On-Line
www.froghollowswim.com

COURSE

5 Kilometer run through the streets of
South Amboy Hills & Flats, Timed and 2
Water Stations

ENTRY FEE

- \$20 in advance
- \$25 at the Gate

AWARDS

Medals for Age Groups
15-20, 21-25, 26-30, 31-35, 36-40
41-45, 46-50, 51-55, 56-60, 61-65
66-70, 71-80, M&F

FOR INFORMATION

Dan (732) 721-6592

Rain or Shine!

June 27, 2015

ENTRY FEES

\$20.00 Advanced Registration
With Tee Shirt

\$25.00 Race Day
With Tee Shirt – While Supplies Last



About the Race

All proceeds of the race this year will be donated to the South Amboy First Aid Squad and South Amboy Fire Departments evenly.

Frog Hollow began the race in 1977. At its inception, the race, was a 5-mile Run and held on the 4th of July. It became necessary to move the date from the Holiday to the first Saturday preceding the 4th of July.

South Amboy is a town rich in the history of New Jersey's commerce and railroads. The landscape is rolling hills, flat lanes and the Raritan Bay Water Front Park.

DIRECTIONS

From the North:
GSP to exit 123. Take Route 9 South 1/2 mile to Bordertown Ave. Make a right on Bordertown Ave. Go 1.5 miles to the 1st traffic light. Make a right on South Pine Avenue. Make 2nd left.

From the South:
Route 35 North 1/2 mile past Morgan Bridge, bear right to South Amboy Business District sign. 3rd right past Christ Church Cemetery.

Last Name _____

First Name _____

Street _____

City _____

State _____ Zip _____

Phone _____

DOB _____

Age on Race Day _____ Sex _____

Email _____

Mail Registration To:

Frog Hollow
P.O. Box 3122
South Amboy, New Jersey 08879

TEE SHIRT SIZE

Medium Large
 X-Large XX-Large

EVENT INFORMATION

(732) 721-6592 Dan
(732) 727-9094 Frog Hollow
www.froghollowswim.com

In consideration of this entry accepted, I hereby for myself, heirs, executors and administrators waive any claims I may have against Frog Hollow Swim and Tennis Club, its Board of Governors, its members, volunteers, sponsors and The City of South Amboy from any injuries suffered by me. I am physically able to complete this event.

Signature (parent or Guardian if under 18) _____

Date _____